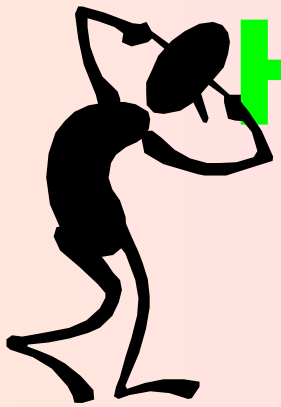
Health Promotion Program

Navy Environmental Health Center

Humor



- How good is your sense of humor?
- How often do you laugh?
- Do you use humor to help with stress?
- Is it something you lose?

Humor

- An excellent stress buster!
- Fun and healthy activity
- Laughing has been called- “inner jogging”
- Wonderful way to relieve anxiety and cope!

The arrival of a good clown exercises more beneficial influence upon the health of a town than twenty asses laden with drugs

Thomas Sydenham

17th Century Physicain

Research on Humor

- Experts say that humor- lowers pain threshold, boosts immune system, and may burn calories.
- Those who use humor are less likely to become upset, and it reduces stress levels.
- Humor is a way to connect with others

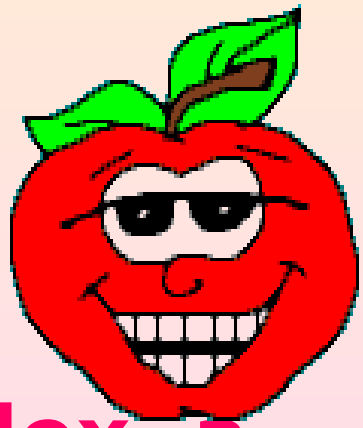
Why Humor Helps

- Gives us a break!
- Refreshes and renews!
- Helps to counter distress
- Gives us hope, and happiness
- Offers a new perspective!
- It is a lot of fun!

You cannot deal with the most serious things in the world unless you understand the most amusing.

Winston Churchill

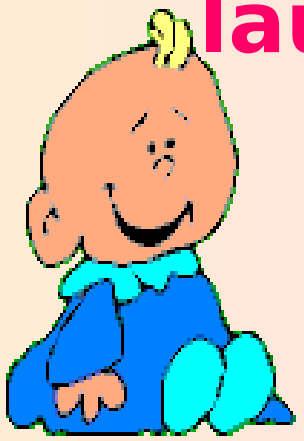
Scientists Definition of Laughter



A psycho-physiological reflex, a successive, rhythmic, spasmodic expiration with open glottis and vibration of the vocal chords, often accompanied by a baring of the teeth and facial grimaces

How to use Humor?

Lots of effective ways to improve our laughter and humor!



Hang with Humorous Others

- Do you associate with others who are funny and laugh?
- Seek out people who tickle your funny bone, improve your mood, engage your wit, and with whom you feel positive!
- Remember that a laugh is contagious!

Smile

- Flash those pearly whites!

- Remember that putting on the happy face and smiling may change your attitude,feelings, thoughts and behavior!
- If you're not feeling good, remember what your parents said- Fake it 'til you make it!

When you smile, things seem to smile back

Allen Klein

Laugh at Yourself!

- Consider laughing at yourself!
- How often do you take everything too seriously?
- Can you poke fun at your mistakes, seriousness and perfections?
- When did you last laugh at your own expense?

Magnify

- Exaggerate!
- How frequently do you use exaggeration humor in your life?
- Consider the use of humor to overdo and exaggerate the situation and put things into different (and better) perspective…

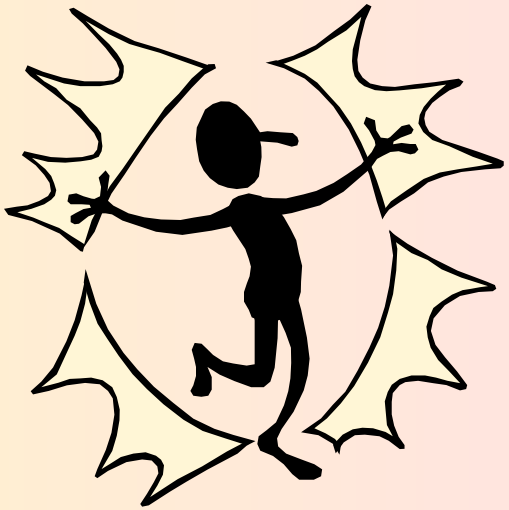
Use Humor

- Is there humor to be found in your bumps and lumps?

- Break out your personal humor survival kit and put it to use!

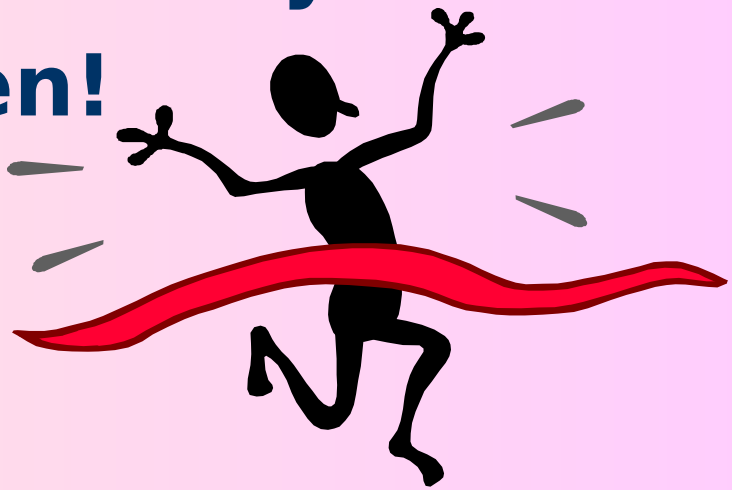
Negative Hum

- Some types of laughing and humor may be harmful to you and others!
- Beware of ridicule, sarcasm and slights!
- Other types of inappropriate laughing and humor may hurt, rather than cheer up someone, and may release your hostility…



Remember

- Expose yourself to humor often!
- Find humor wherever you are
- Laugh more often!
- Practice…



Humor is a wonderful gift for living with our imperfection; it is the synapse between the perfection we seek and the imperfection we have

Joel Goodman

References

- **Based upon the works of- Dr's David Sobel and Robert Ornstein in *The Healthy Mind, Healthy Body Handbook,* Publisher DRx, Los Altos, CA., 1996, and Margaret Baim and Loretta LaRoche- Jest 'n Joy in *The Wellness Book,* Fireside, New York, NY, 1992.**